


Happy Feet! Quilted Sneakers
Instructor: Joan Radell

Kit Information, Sizing Information, Supply List, Pre-Class Prep

Your kit includes sneaker soles, padded insoles and the sneaker pattern and guide. Joan will send an email 6 weeks before class so that you can order your soles in the correct size and color. *The soles are sized in European sizing and you need to order them in European sizing.* Here’s a conversion chart:

WOMENS								<p>Please note that soles are not available for sizes under 36, and above 47.</p> <p>For women’s sizes over 41, please check the extended size conversion chart at the Happy Feet! Kit listing at bucklebeebags.com.</p>
US	4.5-5	5.5-6	6.5-7	7.5-8	8.5-9	9.5-10	10.5-11	
EU	35	36	37	38	39	40	41	
								
MENS								
US	7.5-8	8.5-9	9.5-10	10.5-11	11.5-12	12.5-13	13.5-14	
EU	41	42	43	44	45	46	47	

Supply List	Supply Notes
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The supply list is the same for hi-tops and classic sneakers.

<p>¼ yard of quilt weight cotton for upper; Fat Quarter preferred (18” x 22”) ½ yard of quilt weight cotton for lining; Fat Quarter preferred (18” x 22”) Optional: Quilt weight cotton for tongue; 10” square is plenty—you’ll need more for fussy cut tongues. 4 pieces of of 1.75” wide bias strips, each about 24” long.</p> <p>If you are using a fabric panel constructed in Karen Kehl’s One-Step Piecing and Quilting Class, it must be at least 18” x 22” when finished.</p>	<p><i>For sizes over 42, you will need a half-yard of upper and lining fabric.</i></p> <p><i>If you want a contrasting tongue/toe component, we’ll just flip the tongues over so the lining side shows. Optionally, you can use a third fabric for your tongues. Have some fun with your fabric choices!</i></p> <p><i>Your bias can match or contrast with your exterior—your choice!</i></p>
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<p>½ yard double sided fusible foam interlining (Bosal In-R-Form, Soft ‘n’ Stable by Annie’s, and Pellon Flex-Foam Ff79F2 are all great choices and readily available.)</p> <p>½ yard midweight woven fusible interfacing (like Pellon SF101)</p>	<p><i>These interfacing/interlinings give the shoes their structure. If you substitute other interfacings, or omit them all together, your shoes will be very soft and shapeless, like slippers.</i></p>
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<p>Threads to match or coordinate with your fabrics.</p>	
<p>One pair of shoelaces to match, contrast or coordinate with your exterior fabrics. Hi-tops require 60” laces; classic and ultra low sneakers use 45” laces.</p> <p>Ultra-fine Sharpie marker, black</p> <p>If you are using a dark fabric, bring a white or silver marking pencil and sharpener. Chalk or Chaco-liner will not work for our purposes.</p> <p>Sharp sewing shears, thread snips</p> <p>Rotary cutting supplies—<i>if you do your pre-class prep, you can leave these at home.</i></p> <p>6” x 24” ruler</p> <p>About 20 fabric clips or very small binder clips</p> <p>Fray Check or other seam sealant</p> <p>Sewing machine in good working order</p> <p>Basic sewing supplies. If you have pattern weights, they’re handy.</p> <p>Personal irons and freestanding sewing tables are not permitted. This rule is directly from the College Facilities Management Team and must be respected for the safety of all attendees.</p>	<p><i>Joan will have lots of 60” shoelaces available for purchase during class (\$6/pair.)</i></p>
<p>Pre-class Prep:</p>	
<p>You can leave your rotary cutting supplies at home if you do your cutting before class.</p>	
<p>Cutting Chart:</p>	
<p>18” x 22” (sizes over 42, cut 18” x 25”) Cut one from each of the following materials:</p>	<p>Exterior fabric for uppers, lining, SF101, Fusible Foam</p>
<p>10” x 10” (sizes over 42, cut 10” x 12”) Cut one from each of the following materials:</p>	<p>Tongue fabric, lining, SF101, Fusible foam</p>
<p>1.75” x 24” (sizes 36-42. Larger size will need longer bias strips) Cut four on true bias. You may join bias strips if necessary; use a diagonal seam.</p>	<p>Binding fabric</p>

Your fabrics must be quilted before class. Quilting instructions: Fuse the woven interfacing to the wrong side of your uppers fabric. Fuse or spray baste your foam interlining to the woven interfacing. Fuse or spray baste the fabric/interfacing/foam stack to the wrong side of your lining fabric. Quilt in a 3/4" grid OR in 1/2" parallel lines (lines should be parallel to the longest side of your fabric) OR in an allover meandering design OR on a longarm quilting machine. Your quilting lines should be no more than 1" apart. If you have any supply or quilting questions, please email Joan at bucklebeebags@gmail.com.

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